What to do if you have COVID-19

(1) **Stay home for 5 days.** Do not leave your home, except to get medical care. Separate yourself from other people in your household.

(2) Notify your close contacts* that you tested positive and that they may be at risk for getting sick as well

(3) After 5 days, if you are not sick, or if you are feeling better and have not had a fever for at least 24 hours (without the use of fever-reducing medication), you may be released from home isolation

(4) Continue to wear a mask for 5 additional days (days 6-10), including around other people in your household

(5) If you are still sick and are not feeling better after 5 days, or you still have a fever, continue to isolate at home until your symptoms improve and your fever has resolved

Monitor your symptoms and call your doctor if you have any concerns about your health

*a close contact is someone you have been within 6 feet of for more than 15 minutes, either while you were sick or in the two days before your symptoms started

January 2022